



South Carolina Arthritis Prevention and Control Program

ARTHRITIS RESOURCES Resources and Rheumatologists Beaufort County

The South Carolina Arthritis Prevention and Control Program is a program of the South Carolina Department of Health and Environmental Control in partnership with the Centers for Disease Control and Prevention, the Arthritis Foundation and other organizations throughout SC.

We have developed this list of resources to help you manage your arthritis. We give you information about 3 Arthritis Foundation programs that can help you manage your condition. All 3 programs should benefit you whether you have arthritis, fibromyalgia, lupus, or some other rheumatic condition.

- Arthritis Foundation-Self-Help Program - Group education classes to help you learn how to manage your condition.
- Arthritis Foundation Exercise Program - An exercise program that uses gentle exercises to improve your strength and energy level and reduce your pain.
- Arthritis Foundation Aquatic Program - A water exercise program for people with arthritis to help you feel better.

We also list support groups for each county and give you a list of rheumatologists in your area. A rheumatologist is a doctor who is a specialist in treating arthritis and other rheumatic conditions.

Arthritis Foundation Self-Help Program

Arthritis Foundation
Low Country Region
10 North Forest Beach
Seacrest 2306
Hilton Head Island, SC 29928
Joyce Gilles
(843) 686-7399

Arthritis Foundation Aquatic Program:

No program in this county.

Arthritis Foundation Exercise Program:

Arthritis Foundation
Low Country Region
10 North Forest Beach
Seacrest 2306
Hilton Head Island, SC 29928
Joyce Gilles
(843) 686-7399

Support Groups:

Arthritis Support Group:
Arthritis Foundation

Rheumatologists:

Gilkeson, Gary
300 Midtown Dr, Suite 314
Beaufort, SC 29902
(also at MUSC)
(843) 792-9200

Oats, Jim C.
Low Country Medical Group
300 Midtown Drive
Beaufort, SC 29906
(843) 770-0404

Arthritis Treatment Center of the Low Country
Brittis, John
23 Plantation Park Drive, Suite 101
Bluffton, SC 29910
(843) 815-6555

Low Country Region
Hilton Head Medical Center
Lamott Building Classroom
Hilton Head, SC 29928
Facilitator Danielle D Haynes RN, MOA
Call: Joyce Gilles
(843) 686-7399
Meets the 2nd Thursday of each month at 2:00 pm

SC DHEC presents this list as a representative sample of available resources and does not provide funds or receive remuneration from any for-profit organization, group, or website on this list.